

THE 50⁺ SCENE

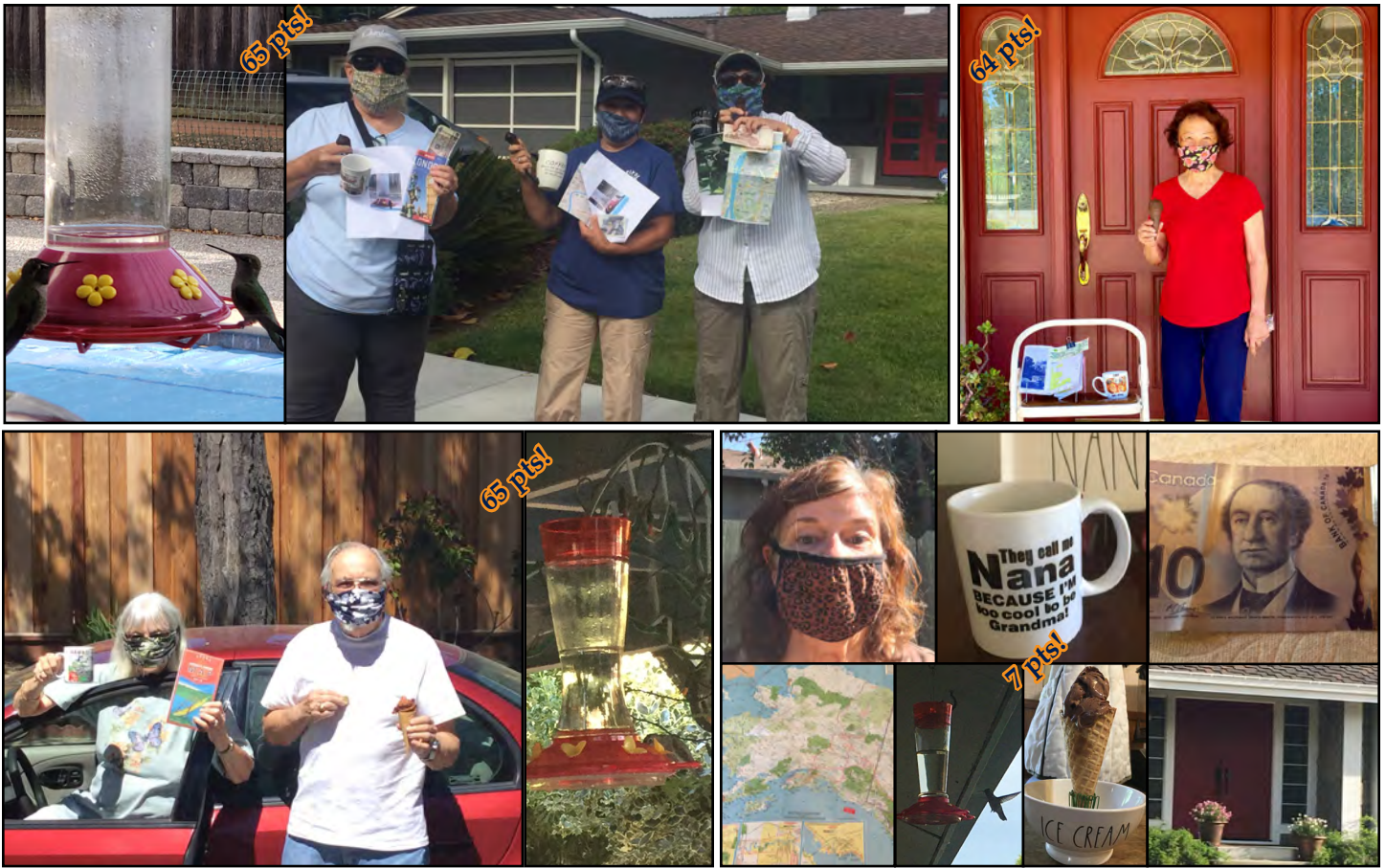
Shelter-in-Place Edition, 6/22/20

Stay Home Life in Photos
Scavenger Hunt Winners, and
Updates From the Staff!

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CUPERTINO



Glad you're back for the sixth volume of *The 50+ Scene's* digital-only Shelter-in-Place newsletter! We hope this publication is entertaining for you and that everyone can find something to enjoy in it. If you have an questions, comments, or suggestions, please send them our way at JasonB@cupertino.org. Otherwise, enjoy!

Response to the Scavenger Hunt this edition was huge! With 6 contestants, victory was within anyone's grasp. New contestants Anne Cunningham, Cindy Elledge, and Deb Lawson came in hot and dropped all seven items in one picture, though a ruling declared that the hummingbird photos had to count separately as they were a picture in a picture. Despite that, the three ladies set the bar high with 65 points! Among the gallery of items were maps of London and Prague, mini chocolate ice cream cones, and a 10 Swiss Franc note. Can you recognize the other foreign currency? All in all, what an awesome display in their first submission—well done, team!

Determined not to be beaten two weeks in a row, oft-champions Jo Anna Watt and Ken Nordheim came roaring back with 65 points of their own. Holding a 50-cent Euro next to a map of Texas and a Hawai'i coffee mug, the pair got creative with the type of red door employed.

The top spot was almost a six-way tie! If not for the

hummingbirds in her neighborhood being too elusive, Helen Ho would have also finished atop the crowded podium. Her point total came in at 64 as she was able to collect the other six items in one photograph.

Patricia Vaughn entered the competition this week as well, collecting all seven items and a respectable 7 points. Excellent job to everyone who participated! The competition has gotten so intense, a small rules change has been implemented. Check out the refined rules on the next page!

Meanwhile, as is the custom, for your bi-weekly Senior Center staff update, flip to the back page to see the pictures we've taken in the past couple weeks. Alex and Matt continue to hike the local trails, but look! One of our members, Jennifer Pann, had a rare sighting of Alex in the wild—in Cupertino, hard at work! Speaking of hard at work, Amanda snapped a selfie in front of Aqui Cupertino just before she, Alex, and Rafael headed out to deliver meals to local seniors.

We've all heard about coyotes being a little more brazen in recent times, but Keith Wandry, also from our Recreation Department, spotted one just outside City Hall! Fortunately, Kim and Hank did not run into any wild canines on their treks through the wilderness! Jason doesn't take pictures of himself anymore, only of his sweet little puppy, whose name is now officially "Ciri"—make up your mind, dude!

#CupertinoCares

It has never been more important to remain connected with our families, neighbors, and community as we navigate this difficult time by staying at home. To help foster positive and healthy community connections, the City has launched the #CupertinoCares initiative.

Each Friday, the City posts a fun activity for residents of all ages on its website and social media platforms. These activities allow our community to write, draw, dance, sing, and laugh together while at home. Make sure to share your experiences by posting photos and videos to your social media accounts with the hashtag #CupertinoCares, or post in the comment sections.

Make sure to check the City's website and social media profiles for our continuing #CupertinoCares events which will be posted every Friday.

Stay strong, Cupertino. We will get through this together.

FACEBOOK

Photos of Positivity

Need a little positivity? Check out our Photos of Positivity weekly on Facebook! Our community members have taken a plethora of pictures they want to share to make your day or week a bit brighter. Have a photo you want to share too? We would love to see them! Email any positive photos to Amanda at AmandaH@cupertino.org.

Wondrous Word of the Week

Every week on Wednesday we post a new, wondrous word! Last week's word was *ameliorate*. As in "A spoonful of sugar in my coffee serves to *ameliorate* its bitter flow." Want to know the definition? Head on over to our Facebook page.

See everything we're doing on Facebook at www.facebook.com/CupertinoSeniorCenter.

SCAVENGER HUNT - ROUND 6

Refined Rules:

- 1 - Take a picture of each item from the list to the right
- 2 - Fit more items in one photo to gain more points
- 3 - Bonus points now cap at 4 items/photo
- 4 - Points breakdown:
 - 1 item - 1 point
 - 2 items - 4 points
 - 3 items - 8 points
 - 4+ items - 16 points

Email all the photos you've taken of Scavenger Hunt items to JasonB@cupertino.org before July 3rd.

- 1.) The City's Official Logo (not off the cover)
- 2.) You Balancing Something on Your Head
- 3.) A T-Shirt With a Band on it
- 4.) A Classic Car (Over 40 Years Old)
- 5.) You in Your Neighborhood Park
- 6.) 3 Pieces Athletic Gear, all Different Sports
- 7.) A Bobblehead

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VIRTUAL TRAVEL

Pyramids of Giza



Nearly 5,000 years ago, outside the ancient city of Memphis, Egyptians built pyramids as tombs for their kings. These monuments are still standing today in the city of Giza. Travel back in time as you explore one of the Seven Wonders of the ancient world and discover the enchanting mysteries famous Egyptologists and archaeologists have been studying for centuries.

[Follow the link here](#)

San Francisco Symphony's *Keeping Score*

Did you know the Bay Area's own San Francisco Symphony is home to their own eight-time Grammy-winning label? See what all the awards are about by exploring *Keeping Score*, a series of nine one-hour documentary episodes, telling the stories of great works of classical music with accompanying concert performances. Trace the lives of eight influential composers from around the world, including Tchaikovsky, Beethoven, Ives, and many more all narrated by Michael Tillson Thomas.

[Follow the link here](#)



Milk Street Cooking School



One of the best things about traveling is trying new foods, old favorites prepared new ways, or just simply delicious dishes. Bring some of that new food feeling right into your own kitchen with the Milk Street Online Cooking School's host of free cooking classes. Take a journey of the senses and find a reinvigorated enthusiasm for putting dinner on the table.

[Follow the link here](#)

USS Constitution

Pair your morning cup of coffee with a nice serving of history. Every morning at 7:00 a.m., enthusiastic docents are ready and waiting to give you a live tour of the Old Ironsides on their Facebook page, and you can even enjoy the chance to ask your questions in the comments! If oh-seven-hundred is a little too early for you, you can pick from a wide variety of their previously recorded ship tours and other interesting events on-demand.

[Follow the link here](#)



SPECIAL PROGRAMS

CSC Wednesday Jam



The CSC Wednesday Jam is back! Each member recorded themselves individually playing *Golden Stallion* before one of the members combined all the vocals and instruments. Want to put a smile on your face? Check out the excellent rendition on YouTube by clicking on the image to the left.

Vivian I. Silva, MSW/GCM

Click on the descriptions below to register.

Dream Stories

Monday, July 13 - 27, 10 a.m. - 12 p.m.

Vivian I. Silva, MSW/GCM, is offering a 3-week dream group from 10 a.m. to 12 p.m. on Zoom. The sessions will meet on Monday, July 13, 20, and 27. Join in this opportunity to *learn* about your dream life, *share* the stories, and have *fun* with others in the group. Vivian has facilitated many dream groups at the Cupertino Senior Center since the early 90s and follows Jeremy Taylor's philosophy that dreams and even nightmares come to us for our health and wholeness. Register early as group size is limited to 12. Zoom links will be sent to registrants prior to class. [Click here to register](#)

The Importance of Laughter Through Uncertain Times

Monday, July 27, 1:30 - 3 p.m.

Vivian I. Silva, MSW/Educator and part-time Case Manager for the Cupertino Senior Center invites you to join us in a Zoom session where we will discuss ways to feel alive while sheltering at home. After a brief introduction outlining why social connections are vital to our well-being, Vivian will invite participants who want to share stories of laughter or activities they have used to get through isolation. Participation in the sharing portion is not mandatory — merely listening in is perfectly fine. There will be time for questions and uplifting music to end the discussion. [Click here to register](#)

Santa Clara County Fire Presentations

Join Santa Clara County Fire online as they offer three upcoming informational sessions. Just click on the descriptions below to be taken to the registration sites!

Be Ready: Be Prepared!

Thursday, June 25, 10 - 11:30 a.m.

Learn about bay area disaster risks, how to make a plan and prepare for a disaster, and how stay informed during and after the disaster. Learn about important communication systems and how to communicate with your support network during and after a disaster. [Click here to register](#)

Preparing Residents for Medical Emergencies

Tuesday, July 7, 10 - 11:30 a.m.

Learn how to recognize medical emergencies and when to call 9-1-1. Learn how to report emergencies and what to do before help arrives. Be prepared with completed medical documents and explore resources that can assist caregivers. [Click here to register](#)

Fall Prevention & Education

Thursday, July 16, 10 - 11:30 a.m.

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness. [Click here to register](#)

Virtual Recreation



The City's Parks and Recreation Department misses you! We have been working with our instructors to bring you a familiar selection of educational programs in a virtual classroom environment. We are excited to share this experience with you.

Classes will be held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes.

Navigate to www.reg4rec.org to see all the classes we are offering, or click on this page to register. Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

Line Dance Beginning - 12410

Thursday, July 9-30, 7 - 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. \$16.

Line Dance Intermediate - 12411

Tuesday, July 7-28, 7 - 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. \$16.

Chair Exercise - 12408

Thursday, July 2 - 30, 10:30 - 11:30 a.m.

An upbeat exercise class designed to be performed from a seated position. Some movements are performed standing, but all can be adjusted to be performed from a chair. Instructor: Polly Hu. \$20.

Yoga for 50+ - 12409

Tuesday, June 30 - July 28, 3 - 4 p.m.

Discover how yoga can strengthen your core, improve posture, and cultivate awareness of our body. Iyengar is a detailed style of yoga, with great attention paid to finding the proper alignment in a pose, and yoga props such as blankets and blocks are used. Join us and learn what benefits this class will hold for you! Geared for 50+, but open to all. Instructor: Polly Hu. \$20.

FREE VIRTUAL FITNESS CLASSES

Mondays

Zumba with Monica
9:00 a.m. - 10:00 a.m.

Chair X with Polly
10:30 a.m. - 11:30 a.m.

Tuesdays

Bootcamp with Raychel
8:30 a.m. - 9:30 a.m.

Feldenkrais with Michele
10:30 a.m. - 11:30 a.m.

Wednesdays

Pilates with Jill
9:00 a.m. - 10:00 a.m.

Zumba Gold with Grace
10:30 a.m. - 11:30 a.m.

Thursdays

Yoga with Polly
9:00 a.m. - 10:00 a.m.

Body Sculpting with Raychel
10:30 a.m. - 11:30 a.m.

Fridays

U-Jam® with Monica
9:00 a.m. - 10:00 a.m.

Cardio Dance with Monica
12:00 p.m. - 1:00 p.m.

Case Management

Cupertino Senior Center's Case Management Team is still working and available to support you. Case Manager Adrianna Stankovich is checking email at AdriannaS@cupertino.org and answering phone calls at 408.777.3157. Vivian Silva can also be reached at 408.777.3155 or VivianS@Cupertino.org. Case Managers provide assessments to determine the needs for services and coordinate and ensure legal services are in place. Reach out to the case management squad if you have any questions or concerns! We are here for you.

庫比蒂諾耆英中心的社工部門仍維持運作為您提供服務,如有需要請與我們的社工 Adrianna Stankovich, MPIA聯絡,請致電408.777.3157 可用中文留言或電郵 adriannas@cupertino.org, 社工會提供評估以確定服務需求,並協助和確保法律資源,如有任何疑問或疑慮,請與我們的社工聯絡! 我們會竭誠為你服務。

Schedule Appointments

Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance.

Visit www.mysourcewise.com/medicare-options to schedule appointments.

健康保險諮詢

有關聯邦醫療咭,並相關的健康保險問題,有提供國,粵語翻譯.請上網安排約談

Senior Adult Legal Aid (SALA)

Provides free assistance to elders for basic legal matters in public benefits, long-term care, elder abuse, housing, consumer issues, incapacity planning, probate alternative, and simple wills. Must be 60 or older and live in Santa Clara County.

Call 408.295.5991 to schedule appointments.

法律諮詢

為年滿60歲或以上並居住在聖克拉拉縣 (Santa Clara County) 的長者提供的免費諮詢: 包括基本公共利益的 法律事項,長期護理,虐待長者,住屋,消費者的問題,未雨綢繆的規劃,其他遺囑認證的選擇並簡單遺囑等,請致電 408.295.5991預約



SECOND HARVEST
of SILICON VALLEY

Second Harvest of Silicon Valley offers a toll-free hotline to low-income families which helps people in need of food find resources in their neighborhood. For assistance call

800.984.3663 or text GETFOOD to 408.455.5181

Visit their website [here](#).



Social Services Agency

County of Santa Clara

Santa Clara County's Senior Nutrition Program serves adults over sixty, disabled adults living with older adults, and the spouses of people that are over sixty. The program now follows a take-out model at most locations, though some have closed during the shelter-in-place order.

Visit their website [here](#).

Meals on Wheels

Residents in quarantine, as well as older adults and persons with disabilities or health conditions who need support can call 408.350.3200, choose option 4 for the Meals on Wheels program.



HEALTH • HOME • HEART

West Valley Community Services

West Valley Community Services (WVCS) accepts clients over sixty years old who live in zip codes 95014, 95030, 95032, 95033, 95044, 95070, 95129, and 95130. WVCS can deliver food once a week to your house provided you meet their qualifying factors. You must register as a WVCS client by filling out a one page form. Cupertino Senior Center can help you with this process. You may call the center at 408.777.3150.

Visit their website [here](#).

